



# Why do I Prevent Type 2 Diabetes?

I love being out in my garden. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

1 out of 3 American adults has prediabetes. If you have prediabetes, **you can make changes now to improve your health and prevent type 2 diabetes.**

The Diabetes Prevention lifestyle change program can help you lose weight, become more physically active, and reduce stress.

With the Diabetes Prevention Program, you get:

- A proven program to prevent or delay type 2 diabetes
- A trained lifestyle coach
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months

**Join the Diabetes Prevention program — so you can keep doing the things you love.**

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**Classes will begin on October 4<sup>th</sup>; Time: 11am-12pm; Location: Franklin County Cooperative Extension Office, 103 South Bickett Blvd., Louisburg NC**



NC Cooperative Extension is an equal opportunity provider.

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Dominique Simon at 919.496.3344 or email [dominique\\_simon@ncsu.edu](mailto:dominique_simon@ncsu.edu) or fax 919.496.0222.